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Once more, with phyllo

Asparagus, red pepper and goat cheese wrapped in flaky phyllo is a delicious alternative to peas and carrots PAGE 9

IT AIN'T WHERE HE'S BEEN, BUT WHERE HE'S ABOUT TO GO

MARKETING BEHIND JAY-Z'S LATEST ALBUM IS CHANGING THE RULES OF THE MUSIC INDUSTRY PAGE 6

Winnipeg Convention Centre is banking on its new name

A brand new identity. Facility to be known as the RBC Convention Centre Winnipeg

CINDY CHAN
winnipeg@metronews.ca

The Winnipeg Convention Centre has a new name to go with its expansion.

The facility has been renamed the RBC Convention Centre Winnipeg as part of its new partnership with Royal Bank of Canada.

The partnership is a 10-year contract but won't start until the expansion is complete.

RBC Regional President Robert Johnston said the company possesses the naming rights from this point, so it is technically a 13-year contract.

"We just want to be a part of this association," Johnston said.

"We have for years thought about going out for a naming sponsorship," said Klaus Lahr, President and CEO of the now RBC Convention Centre Winnipeg.

Lahr said RBC's strength as a Canadian brand made it stand out from the rest of the pitches.

The convention centre put out an international call for naming rights bids in January.

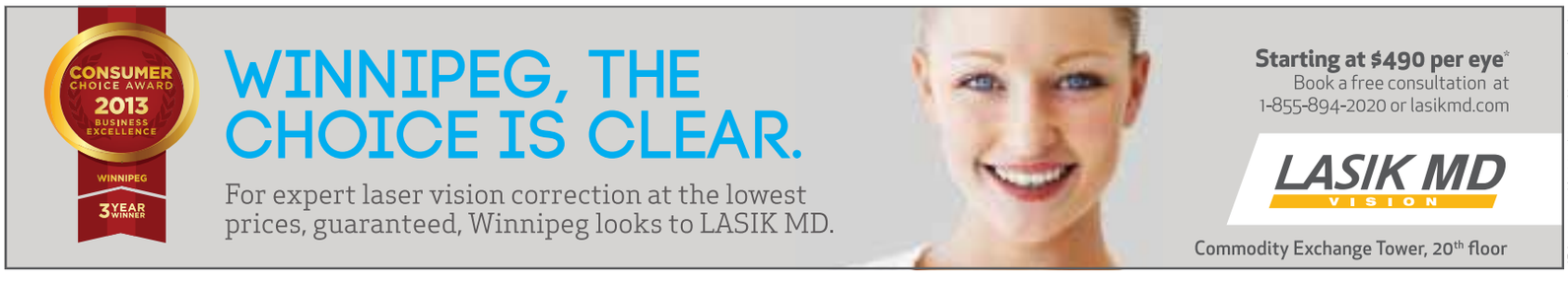
"We approached about 150 different firms," said Lahr. "Some of them fall out right after the first proposal. Some of them go to the second round, some to the third and some to the finish line."

Afterwards, about a half-dozen candidates remained for consideration.

RBC and the Winnipeg Convention Centre did not disclose how much the deal was worth.

The expansion of the RBC Convention Centre Winnipeg will cost more than $181 million, extending over York Avenue. It is expected to be complete in 2016.

An artist's rendering of what the new sign on the RBC Convention Centre Winnipeg will look like. METRO/HANDOUT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NEWS 1

Bell 206

Wreckage of missing chopper found in Gull Lake

Searchers have found wreckage believed to belong to a missing helicopter in northern Manitoba.

The Bell 206 chopper left Gillam on Monday afternoon to pick up people in a remote area about 50 kilometres away.

But the aircraft, which departed from Gillam with only the pilot on board, didn't return later in the day as scheduled.

The RCMP said a crash site had been located about 50 kilometres west of Gillam at Gull Lake.

There was no word Tuesday afternoon on whether any survivors had been spotted.

Police said efforts were underway to get to the location.

Gillam is about 1,100 kilometres north of Winnipeg. THE CANADIAN PRESS

Police investigating

Man stable after stabbing

A 31-year-old man is in stable condition after being stabbed this past Saturday morning.

The victim was walking around McGregor Street and Burrows Avenue when he was injured. Ambulances got to him at 5 a.m. in the 500 block of Pritchard Avenue.

The District 3 Crime Unit is investigating. Anyone with information can call the unit at 204-986-2848 or Crime Stoppers at 204-786-8477. METRO

How in tar-nation did this happen?

It appeared no one was injured after what looked like a wagon carrying liquid tar caught fire on Tuesday morning. Crews were called at about 10 a.m. to the scene at the corner of Arlington Road and Ellice Avenue, where the wagon lit up behind the former West End Library. Firefighters said they weren't sure what caused the blaze. There was no immediate word on the damage. ELISHA DACEY/METRO

Tempers explode following fireworks

True colours show. Fight between driver and pedestrians erupts as woman allegedly 'pushes' child and dad with car, then bites cop

A Winnipeg dad said a pushy driver who allegedly bit a police officer following the fireworks show at The Forks ruined his family's Canada Day.

The man, who asked not to be named to protect the children, said he was part of a group of 15 family members and friends, including seven kids ranging from three months to eight years old, that spent the day at various Canada Day activities.

"We had a lot of fun, and that was a rather bad way to end the day," he said.

"We took the children home quickly; they were all scared and freaked out."

According to police, as thousands of people were leaving The Forks at 11:30 p.m., a woman driving a Pontiac Sunfire collided with a young child. Though the child was not injured, police say the father got angry, at which point the woman drove her car into him multiple times to push him out of the way.

The man said he was at the end of his group, crossing at the stop sign near the skate park and pulling a wagon with a sleeping four-year-old girl, when he saw the car "just centimetres" away and the driver yelling at them to move out of the way.

"She kept going until she was touching my leg and pushing me back and she moved the wagon," said the man.

The altercation quickly turned chaotic. The woman allegedly punched him in the face before the man's girlfriend jumped in and allegedly punched the woman.

That's when police arrived and instructed the woman to pull over. She allegedly refused; however, due to the heavy pedestrian traffic, she had to stop anyway.

When an officer reached in to turn the car's ignition off, the woman allegedly bit the officer, injuring him.

The woman was then taken out of the car and arrested.

Police said another woman in the car tried to stop the officers and was also arrested. METRO

'Complete Communities' strategy not needed: Coun.

A proposal by the City of Winnipeg's public service to change zoning bylaws received a rocky reception at city hall on Tuesday.

The proposal, which touches on subjects ranging from parking in mature neighbourhoods to minimum lot sizes, is meant to bring the bylaws in line with city council's "Complete Communities" strategy, which replaced the Plan Winnipeg 2020 as the city's development guide.

Coun. Justin Swandel (St. Norbert) said during Tuesday's property-and-development meeting that these changes aren't necessary.

"It seems to be done by the planners without the policymakers asking for it," said Swandel.

Barry Thorgrimson, the city's planning director, said the changes are meant to streamline the bylaws process to not be a "resource drain."

"It takes time to write reports, we have to do detailed analysis before you provide a recommendation to council, so those take time," he said after the meeting. "There will always be, in the world of zoning regulations, variances. What we're trying to do is make them relevant and make it predictable for citizens to understand what they can or can't do."

BERNICE PONTANILLA/METRO

PST. Mayor talks tax hike

Mayor Sam Katz spent Tuesday evening at the Manitoba legislature addressing the provincial government's PST hike.

Katz has said for several weeks that he wanted to give his two cents on the hike, to eight per cent from seven per cent, which took effect on Canada Day.

As for what Katz planned to say during the hearing, he told Metro last week that he "has to save a little bit of a surprise for when they hear it" but added that it will include many comments he's already made, such as municipalities' need for more cash to address the infrastructure deficit.

According to early estimates by the City of Winnipeg, the PST increase will cost their coffers another $1.5 to $1.8 million.

Under the deal reached on June 20 by the Tories and New Democrats to end a filibuster, public hearings on Bill 20 started last Thursday evening and will continue this week.

There is a firm schedule of 30 presenters per night, each limited to 10 minutes.

BERNICE PONTANILLA/METRO, WITH FILES FROM THE CANADIAN PRESS

An RCMP photograph of pressure cookers they say two people intended to use as explosive devices. DARRYL DYCK/THE CANADIAN PRESS

Canada Day bomb plot foiled: RCMP

'Self-radicalized.' Man and woman arrested, accused of planning to blow up B.C. legislature

Allegations

"They took steps to educate themselves and produce explosive devices.... They discussed a wide variety of targets and techniques."
Assistant Commissioner Wayne Rideout of the RCMP

RCMP say they have foiled a domestic terror attack hatched by two Canadian citizens, driven by an "al-Qaida ideology" to blow up the B.C. legislature during Canada Day celebrations.

The force was informed of the alleged plot in February by the Canadian Security Intelligence Service, and a five-month investigation culminated in two arrests in Abbotsford, B.C., on Monday, RCMP announced Tuesday.

"This self-radicalized behaviour was intended to cause maximum impact," Assistant Commissioner Wayne Rideout said at a news conference in Surrey, B.C.

John Stuart Nuttall, 38, and Amanda Marie Korody, born in 1983, appeared in court Tuesday morning and were charged with three counts each: knowingly facilitating a terrorist activity, making or possessing an explosive device and conspiracy to place an explosive device with the intent to cause death or injury.

RCMP released photos of what they said were the home-made bombs contained in pressure cookers, which police say are similar to the pair of bombs that killed three people and injured more than 260 during the Boston Marathon two months ago.

The RCMP said investigators ensured the alleged bombs were harmless.

A story about Nuttall in the Victoria Times-Colonist in 2003 said drug addiction fuelled a criminal record including convictions for robbery, kidnapping and aggravated assault.

THE CANADIAN PRESS

NSA scandal. Venezuela may step up to give the 'brave' Snowden asylum

NSA leaker Edward Snowden's best chance of finding refuge may hinge on the president of Venezuela, who was in Moscow on Tuesday meeting with Russian President Vladimir Putin.

With a string of countries appearing to offer Snowden little hope, President Nicolas Maduro of Venezuela told Russian reporters on Tuesday that his country has not received an application for asylum and dodged the question of whether he would take Snowden with him when he left.

But Maduro also defended the former National Security Agency systems analyst who released sensitive documents on U.S. intelligence-gathering operations.

"Who must protect Snowden? This is the question. This young man of 29 was brave enough to say that we need to protect the world from the American imperial elite, so who should protect him?" Maduro asked journalists Tuesday evening. "All of mankind, people all over the world must protect him."

Venezuelan President Nicolas Maduro THE ASSOCIATED PRESS

Another option for Snowden may be Bolivia, whose president also met with Putin during a summit of major gas exporters. President Evo Morales said in an interview with Russia Today television that Bolivia would be willing to consider granting asylum.

THE ASSOCIATED PRESS

Supporters of Mohammed Morsi in training. AMR NABIL/THE ASSOCIATED PRESS

Canada closes Cairo Embassy

Canada has shut down its embassy in Cairo as civil unrest continues to rock Egypt.

"As a security precaution and to ensure the protection of all staff, we have closed our embassy in Cairo until further notice," Rick Roth, a spokesman for Foreign Affairs Minister John Baird, said in an email.

Cairo has seen throngs of protesters in recent days demanding the ouster of President Mohammed Morsi.

The country's military is demanding that Morsi meet the demands of the mass protest and on Monday gave him 48 hours to take action.

"Canada is deeply concerned by reports of violence in Egypt that has claimed a number of lives and left many more persons injured," Roth wrote.

At least 23 people were killed in Cairo on Tuesday and more than 200 were injured, according to hospital and security officials.

The embassy is urging visitors to Egypt to exercise a high degree of caution due to what it calls the unpredictable security situation.

THE CANADIAN PRESS

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U.S. dollar remains top dog of reserve currencies, while euro loses its lustre

2012 report. European debt crisis discouraged central banks from using euro for reserves

International use of the euro slipped last year because of the debt crisis in Europe, but the U.S. dollar held its own as the world's leading currency for reserves held by central banks.

Currencies not traditionally used as reserves, such as the Canadian and Australian dollars, gained in favour as those countries enjoyed steady growth and lower debt than major economies.

The European Central Bank (ECB) said Tuesday that the euro's share among the currency reserves held globally by central banks fell to 23.9 per cent in 2012 from 25.1 per cent the previous year. The dollar's share was little changed at 61.9 per cent.

The ECB said the financial crisis afflicting the 17-country eurozone was a factor discouraging use of the euro for reserves, which are often held in the form of government bonds. Lending across borders in the eurozone has dropped, diminishing the liquidity that reserve holders like to see. Lower liquidity means there are fewer buyers and sellers readily found.

A one-euro coin sits atop a one-dollar US bill. Is George Washington looking a bit smug about the dollar holding its own as a reserve currency as the euro's status slipped? THE ASSOCIATED PRESS FILE

The eurozone countries have struggled with heavy levels of public debt — Greece, Portugal, Ireland and Cyprus have needed financial rescue and even large economies like Spain and Italy have worryingly high debt. Concern over that debt eased only after the European Central Bank came up with a plan to buy the government bonds issued by countries that promise to reform.

In its annual report on international use of the euro, the ECB also found that there was less borrowing in euros internationally by companies.

THE ASSOCIATED PRESS

Exchange rates

Why hold reserves?

Countries hold reserves of foreign currency so they can influence their own currencies' exchange rates in case they rise or fall too rapidly. They can do this by buying or selling currencies on foreign exchange markets.

The country issuing the reserve currency can benefit because demand from abroad supports its exchange rate and can mean lower borrowing costs for the government, as has been the case with the U.S. dollar in its role as the leading reserve currency.

Demand for dollars in the form of U.S. Treasury bonds by other countries — such as China — helps keep down the interest rate that the U.S. government pays to borrow. Money that is not spent on interest can be spent on other things, or saved.

Failure to launch. Russia's GPS equivalent crashes and burns in rocket disaster

A Russian booster rocket carrying three navigation satellites burst into flames and crashed on live TV moments after its launch Tuesday, dealing another painful blow to the nation's space prestige.

The failure follows a long string of launch mishaps that could tarnish Russia's reputation and eventually cost it a share in the lucrative satellite launch market. It also hurt one of the Kremlin's pet projects, the GLONASS satellite navigation system intended to serve as a Russian equivalent of the U.S. GPS system.

The Proton-M booster suffered an emergency shutdown of its engines 17 seconds into the flight and crashed some two kilometres from the launch pad in Kazakhstan, the Russian Space Agency said. Live footage showed the rocket tilt to one side, catch fire and crash in a giant fireball. THE ASSOCIATED PRESS

Market Minute

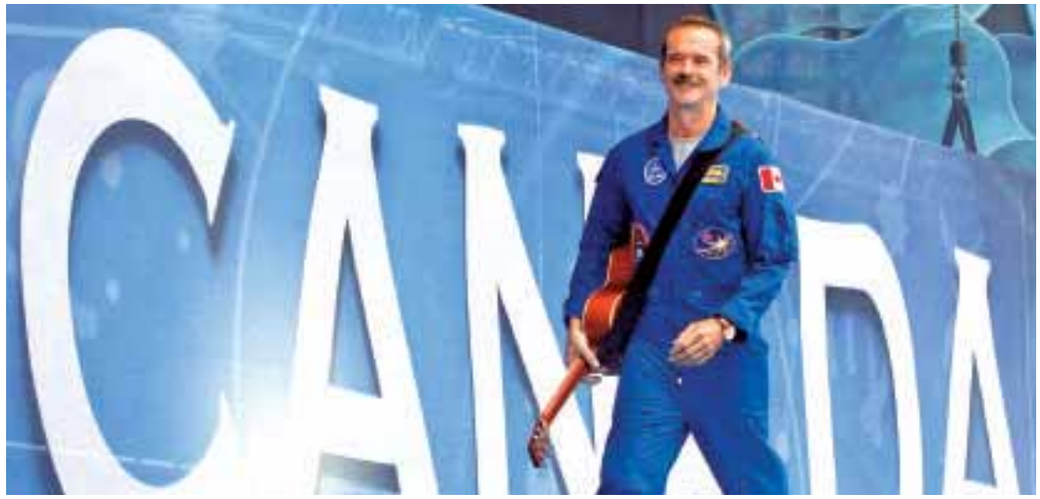
DOLLAR 94.80¢ (-0.28¢)

Natural gas: $3.66 US (+8¢)
Dow Jones: 14,932.41 (-42.55)

TSX 12,178.38 (+49.27)

OIL $99.60 US (+$1.61)

GOLD $1,243.40 US (-$12.30)



Planet Earth is blue, and there's nothing left to do?

Major Tom might have been angst-ridden at the thought of returning to a dull life on terra firma, but Canadian astronaut Chris Hadfield is clearly finding plenty to do now he's done floating in his tin can. Here, Hadfield leaves the stage after singing at the Canada Day celebrations in Ottawa on Monday. On Tuesday, it was announced that Hadfield is entering a new kind of frontier — the literary world. The first Canadian to walk in space will release An Astronaut's Guide to Life on Earth in the fall. The book will be published by Random House Canada and will offer stories, lessons and experiences from Hadfield's time in space. Hadfield retired in May after serving as commander of the International Space Station. FRED CHARTRAND/THE CANADIAN PRESS

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HOW DID YOU NOT KNOW, JLO?

JUST SAYIN'

Paul Sullivan
metronews.ca

There are times when it's a good idea to look a gift horse in the mouth.

Such as over the weekend, when Jennifer Lopez was paid $1.5 million by the China National Petroleum Corp. for a one-night gig in Absurdistan, which included singing Happy Birthday to Gurbanguly Berdimuhamedow, the nation's beloved leader.

(Sorry, my mistake. Turkmenistan, not Absurdistan. I keep getting my 'stans' mixed up.)

If JLo or any of her people had spent five minutes on Google, they would have stayed home on the block, $1.5 million or no $1.5 million.

Perhaps distracted by all that jack, they all failed to notice that Turkmenistan is right down there on the human rights s--t list, along with several other 'stans' cut loose in the fall of the Soviet Union. Mikhail Gorbachev has a lot to answer for.

"What's the next stop on her tour, Syria?" snorted the director of the Human Rights Foundation, citing evidence that Turkmenistan is among the most oppressive nations on Earth.

Or maybe she spent most of her pre-show prep trying to figure out how to sing "Happy birthday, dear Gurbanguly" before channeling Marilyn Monroe and going with "Happy birthday Mr. President."

Whatever. She and her people completely missed the fact that Turketc. is among the world's 10 most censored regimes, according to Reporters Without Borders, and stands accused of a host of ethnic and political crimes including torture and murder.

Even worse, Berdimuhamedow is a real improvement over his predecessor Saparmurat Niyazov, who, according to the U.K.'s Guardian newspaper, built a giant gold statue of himself that rotates so his visage is always facing the sun, and changed the names of the months — one in honour of his mother, and the other the title of his book. Oh, and he built an ice palace in the desert.

See how easy it is to confuse this place with Absurdistan? But no problem for JLo, who bounced onto the stage, with the usual enthusiastic shout-out: "Turkmenistan!" As if it was Winnipeg or Edmonton. Wherever the private jet stops and the door opens.

So JLo, who, believe or not, "works" with Amnesty International, joins the Geopolitically Challenged Celebrity Hall of Fame, which already includes Beyoncé, Mariah Carey, 50 Cent, Usher and Hilary Swank.

Once they found out that they were playing footsies with the real-life equivalent of Jabba the Hutt, Beyoncé, Hilary et al., fell all over themselves to give the dirty money back. So far, JLo remains attached to the filthy lucre, probably waiting for the media to determine the extent of the transgression, which appears to fall somewhere between Alec Baldwin and the Q-word and Paula Deen and the N-word.

Meanwhile, boys and girls, the next time you're tempted to fall asleep in social studies, snap out of it. Pay attention in class and you could avoid ending up in your own private Absurdistan. Don't end up like JLo and get stuck with the 'Duh' word.

ZOOM

Two dolls, one reality

NICKOLAY LAMM/MYDEALS.COM/REX FEATURES

Doll size based on average 19-year-old

What would Barbie look like if she were based on the figure of the average American woman? Remarkably different from the iconic doll. Artist and researcher Nickolay Lamm used the measurements of an average 19-year-old woman to create a 3D model, pictured to the right of Barbie. METRO

Barbie vs. American girl

Barbie	American girl
Waist 46 cm	Waist 79 cm
Hips 84 cm	Hips 84 cm
Bust 91 cm	Bust 81 cm

Lamm used measurements of an average 19-year-old girl based on data presented by the Centers for Disease Control and Prevention, the U.S. national public health institute. NICKOLAY LAMM/MYDEALS.COM

Influential image

"If we criticize skinny models, we should at least be open to the possibility that Barbie may negatively influence young girls, as well."

Nickolay Lamm
Artist and researcher

Busting Barbie's status quo

Citing scientific reports that say thin dolls affect body image, Lamm said: "If there's even a small chance of Barbie in its present form negatively influencing girls and if Barbie looks good as an average sized woman, what's stopping Mattel from making one?" METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The circumstances that led to 19 elite Hotshot firefighters being overwhelmed by a fire in Arizona has been described as a "perfect storm" by an expert who knows their work well. Try these sources to learn more about what's required to do a very dangerous job.

THE ASSOCIATED PRESS

Outside Magazine:

In the Line of Wildfire: Former Hotshot Kyle Dickman returned to his old stomping grounds in 2012 and emerged with an engrossing long read on the training, tools and "this is all I ever want to do" mentality required to do the job. (bit.ly/15Y4ZTF)

National Geographic:

Taking Pictures Inside an Inferno: Photojournalist and certified wildland firefighter Mark Thiessen has carved out a niche on the forest fire beat. Here, he explains the hazards and obstacles of shooting inside a blaze and links to some of his work. (bit.ly/1965BuE)

Cronkite New Online:

Preparing for the Worst: In an article dated June 30, Connor Radnovich spends time with the Granite Mountain crew as they practice a worst-case scenario drill. Many of the men quoted have sadly been confirmed to be among the dead. (bit.ly/1900Rp0)

Letters

I think one must be absolutely cynical or completely daft to take partnerships developed in the Global South for the sake of alleviating poverty and hand them over to Canadian large corporations and mining companies which will end up exploiting their resources. Yet it is again the approach taken by the Harper government by recently amalgamating CIDA under the Department of Foreign Affairs, Trade and Development.

The Harper government is diverting Canadian development assistance for the poor to companies whose interests are opposite — in principle and practice — at the expense of the well-being of these poor people.

Mr. Harper knows the role played by multinationals in the impoverishment of several Third World countries. He is thus making another dangerous right turn in favour of the very rich, whose first victims, in the truest sense, will be the poorest of the world.

I hope pressures from the public, opposition parties and from members of their own party will force Harper Conservatives to change their mind towards CIDA and to adopt a much more human approach towards the poorest.

Bruno Marquis, Gatineau, Que.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Jigga what? Jigga who? Jay-Z flipping the script

Music business. The latest offering from Shawn Carter represents an overall change in the way music intends to do its future business

PAT HEALY
Metro World News

When Jay-Z put out The Blueprint 3 in September 2009, most of his fans had known about its arrival for the better part of a year. And in the months leading up to the release, the rapper would gradually share the title, track list, artwork and names of guest appearances to slowly and steadily amp up expectations for the album's eventual release.

Four years later and Jay-Z is using a totally different blueprint. Earlier this month, during the fifth game of the NBA Finals, he appeared in a commercial promoting Magna Carta Holy Grail, a brand new album that fans were hearing about for the first time, scheduled for release on the Fourth of July, less than a month after the announcement.

"The Internet is like the wild west," he says at one point during the three-minute spot. "We need to write the new rules."

It's part of an overall emerging trend.

"To be able to announce, 'This is now,' I see it as part of music marketing today that is on crack cocaine," says music industry veteran and author of the upcoming book, The Artist's Guide to Success in the Music Business, Loren Weisman. "Because if you're telling me it's coming in six months, I don't want to hear it."

Mike King, a former product manager at Rykodisc, who teaches music marketing courses at Berklee College of Music, says the sneak attack approach is not just due to the instant gratification of the Internet. It's also the personal nature of social media.

"If you look at the things that labels used to use to market music, like commercial radio and MTV, all of these places that labels used to spend their way into don't exist, but what does exist are these communities of hardcore fans," he says. "If you sneak it out to those people, they will be your absolute best ambassadors."

Jay-Z wants to change the way you get your music. GETTY IMAGES

Steve Knopper, a contributing editor for Rolling Stone, and the author of Appetite for Self-Destruction: The Spectacular Crash of the Record Industry in the Digital Age, says perhaps the music business has almost come to a place of acceptance with today's consumer culture.

"In the record industry this wasn't really possible before," he says. "Ten or 15 years ago it wasn't possible at all technology-wise, because they couldn't rush out an album that quickly. And then, up until the last few years, nobody wanted to do it even if they could because they were so scared of the Internet. They were so scared that, 'If we release something too quickly and we don't have the whole thing completely under control then people are going to pirate this!' But now it seems like no one cares. It's like, 'I have an album! Let's just get it out!'"

Kanye West's new album cover.

In the commercial for Magna Carta Holy Grail, Jay-Z shares his marketing strategy, and it doesn't sound much more complicated than the last clause that Knopper outlined.

"The idea is to really finish the album and drop it," he says, "giving it to the world at one time and letting them share it."

This sneak attack approach isn't exactly brand new. Mash-up artist Gregg Gillis built up a big word-of-mouth following with the 2006 Girl Talk album, Night Ripper. For the two Girl Talk albums that followed — 2008's Feed the Animals and 2010's All Day — he just quietly leaked them online and watched the reaction spread across the worldwide web like wildfire.

"Everyone gets to hear it at the same time, before reading any reviews or forming any opinions," says Gillis. "I think it's worked out great for me in the past, but for future releases, I have been actively thinking about giving it some short advance notice. Doing it in a strategic way can be helpful for giving it proper context."

So does that mean we can expect a new sneak attack from Girl Talk soon? If we told you, it wouldn't really be a sneak attack, would it?

Not the only

Jay-Z is just one of a growing number of major artists this year writing new rules.

- **Industry trend.** In January, David Bowie broke a decade of musical silence with a cryptic video that appeared on YouTube on midnight of his 66th birthday. Then in March, he released The Next Day, a full-length album that reportedly not even all of the top brass at his publicity company knew about until just days before its arrival. And Kanye West only made fans aware of last week's release, Yeezus, when he tweeted about it at the beginning of May. What these albums share is secret hard work behind the scenes, with a rushed approach and artwork that appears to just be dashed off the night before. Bowie's album cover is just a white square covering the album jacket for his 1977 album, Heroes. West's album cover is just a picture of a compact disc with a piece of red duct tape on the case.

Action

The Lone Ranger

Director. Gregor "Gore" Verbinski

Stars. Johnny Depp

The first ever Lone Ranger (Armie Hammer) story to be told from the perspective of sidekick Tonto (Johnny Depp), this Gore Verbinski directed film is a welcome twist on the legend of the masked crime fighter. Set against a backdrop of corruption, this is state of the art Western, with plenty of action, some laughs and even a horse that drinks beer. **RICHARD CROUSE**

Documentary

The Ghosts in our Machine

Director. Liz Marshall

Stars. Jo-Anne McArthur, Susie Coston

A compassionate documentary examining our relationship with animals, The Ghosts In Our Machine will surely have the most immovable moviegoers sympathizing with our fellow non-humans. Arguing that animals are sentient beings, the film follows photojournalist Jo-Anne McArthur as she sneaks into fur farms and documents the fate of the four-legged hostages. **STEVE GOW**

Celebrity news

Chavril tie the knot on Canada Day

Singers Avril Lavigne and Chad Kroeger tied the knot on Canada Day in a ceremony in the south of France, according to Hello magazine. Lavigne, 28, and Kroeger, 38, exchanged vows in front of about 50 guests at Chateau La Napoule in Mandelieu, France (near Cannes). **METRO**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Farrah Abraham ALL PHOTOS GETTY IMAGES

Farrah Abraham enters rehab, world collectively rolls its eyes

Teen mom turned porn star Farrah Abraham is checking into a rehab facility in Florida to deal with her drinking problem, Us Weekly reports. She'll spend 10 days at at the Lukens Institute in Palm Beach Gardens, Fla. "I'm 22 and I want to make better choices and ensure I can recognize when I am putting myself in a bad situation next time," said the "star," who within the past year has made a slew of good decisions, like driving under the influence (for which she got a DUI) and starring in a porno with James Deen. But don't think running away to Florida is going to solve your problem, Farrah. If anything, being in Florida (in a place other than Disney World, natch) is only going to want to make you hit the bottle harder.

Ruben Studdard

Ruben Studdard joins The Biggest Loser

Almost a decade ago, Ruben Studdard sang to us that he was "sorry for 2004," and now it looks like he's also feeling a little sorry for packing on the pounds. Indeed, the second American Idol champ is set to join the weight-loss juggernaut this fall, People reports. Studdard says his previous attempts at curtailing his obesity — he rang in at 455 pounds in 2006 — haven't gotten him very far before and that he's looking to get healthy so he lowers his risk for high blood pressure, diabetes and heart problems. We could easily make a fat joke about this, but we love Ruben. Godspeed, good sir! But please, if you can, try not to go the Jonah Hill route — we all know how that turned out. A little chunkiness is OK by us. As long as he still keeps on enough chunk fto keep referring to him as "the velvet teddy bear," we're good.

The Word

Drake skips BET awards over feud with Chris Brown

MELINDA TAUB
Metro World News in NYC

Drake was a no-show at this Sunday's BET Awards, despite being nominated for a whopping 12 trophies. What could induce someone to skip a party where people were going to say nice things about him all night?

He had a previous engagement on the high road.

Drake and Chris Brown can't stand each other, and according to Hollywood Life, Drake skipped the event to keep their feud from flaring up again. "The reason Drake isn't (at the BET Awards) is 100 per cent all about Chris Brown," a source said.

Good for Drake for trying to be the mature one. This is one feud where it's hard to root for them to make peace, though. Who would want to be on good terms with Chris Brown?

Despite his looks, talent, sex appeal, tons of cash and being known via just one name — a la Cher —Drake (Aubrey Drake Graham) isn't giving it up for just any old hussy who comes along.

"You know the way fighters don't f— before the fight? Sometimes I feel like I'm so focused on training my body and getting my mind right to create this album that sex isn't one of my main priorities," the rapper tells GQ in the July issue about his forthcoming album Nothing Was The Same. "If someone is around that I know and trust, I'm down. But I'm not going to end up with some stranger at this party."

Kim Kardashian

Kim's going stir crazy hiding from paparazzi

Poor, poor Kim Kardashian. The new mom to North West (that'll never get old) can't even leave the house to get her butt waxed because the paps will be all over her every move in the weeks following her baby's arrival.

"Kim really loves being a mom and she can't get enough of baby North, but being in the house all the time is making her stir-crazy," a source tells RadarOnline.com. "She says she feels isolated and wants to get out of the house but she can't because she doesn't want her picture taken by the paparazzi."

We feel slightly bad for Kim — every time she steps outside she has to watch her back. Still, what is the big deal about being seen shortly after giving birth? Any new mom will tell you that sweatpants and yesterday's shirt (with spit-up on it) are perfectly acceptable attire, Kim.

Twitter

@JimGaffigan
Happy Canada Day! It's an honour to have you on toup. Sourry.

@AmandaBynes
I Want A Million Dollars A Year For Illegally Having My Mind Read And Privacy Stolen

@mindykaling
What does one wear to a @Beyonce concert? A Freakum dress? Fendi shoes? VVS stones? Her songs are TOO instructional! Help

@Bethenny
When i connect with my girlfriends, i realize we're all hanging on by a thread: sick children, marriage stress, finances etc.

Doing Disney World is no Mickey Mouse undertaking

Live and learn.
Metro's Elisha Dacey sums up what she learned about taking your family to one of the world's most famous theme parks

ELISHA DACEY
elisha.dacey@metronews.ca

Ensure your visit to the Magic Kingdom doesn't lose its magic with some forward thinking. KENT PHILLIPS/DISNEY

Trying to sum up Walt Disney World in one short article is impossible. There are books, websites and industries around how to get through Disney World without throwing up, kiddo meltdowns, waiting in two-hour lines, third-degree sunburns or your feet turning into one giant blister.

So when my family and I got the chance to visit Disney World as part of Cityline's recent CityInDisney contest, I threw myself into research. Then I ignored most of it.

Here's what did work for us:

It's not all sunshine in Orlando

In fact, it rains nearly every day at some point then gets blisteringly hot again. Go to the dollar store and bring ponchos. I ignored this advice and ended up paying $21 for plastic Disney ponchos.

Bring Band-Aids

You'll need them for the blisters you develop when you wear those cute-but-ridiculous shoes that no one notices on the first day.

Bring out your running shoes

And don't wear any other kind of shoes. Good thick socks that wick away sweat also help.

The best investment we made:

Reusable water bottles with filters. There are water fountains throughout the park, but they can be hard to find. And if you're picky about how water tastes, this is better than drinking (very expensive) bottled water.

The food isn't that expensive

I saw a lot of complaints about how expensive the food is on various websites, but that's because Americans are used to cheaper food prices. The food prices were on par for what you'd pay at Canadian restaurants.

However, the food is hit-and-miss

Some of the restaurants were great. Some were awful. Use websites like UrbanSpoon and TripAdvisor to do some research.

Use the hotel concierge's services

I had trouble making reservations at sit-down restaurants myself, due to Disney's finicky website. But my hotel concierge didn't. Use their services — it's free — to find reservations at the various parks.

Remember to nap

Go when the parks open, leave around 11 or 11:30 a.m., eat lunch then head back to the hotel for a two-hour nap. For everyone. This avoids the worst heat of the day and kid meltdowns.

Take a break

We spent eight days at Disney and seven days in the parks. That one day off we spent at the resort in the pool. Taking a break relaxed everyone.

Hug every character, even if you're not a hugger

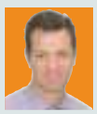
You'll feel better.

ELISHA DACEY IS THE EDITOR OF METRO WINNIPEG. FOLLOW HER ON TWITTER @ELISHADACEY.

Give lots of hugs. DISNEY

Camping

Don't be afraid of the great outdoors



ON THE MOVE
Loren Christie
life@metronews.ca

Reluctant to rough it? You don't need to be an experienced adventurist to enjoy camping in Canada. For people who want to get a taste of our country's great outdoors, consider the following:

Check out Parks Canada's Learn to Camp programs: They run throughout the summer at various national parks across the country and teach camping related skills like how to set up a tent or cook outside. Ontario Parks has its own version of Learn to Camp that includes a new 'Graduate' session for past participants.

Their programs are overnights that include all camping equipment. You just have to bring your own food, bedding and personal items. A bonus for those without wheels is this season's expanded Parkbus service leaving from downtown Toronto or Ottawa. Campers can take advantage of this transit service offering direct transportation to beautiful parks like Algonquin and Killarney.

Sleep in comfort and get off the ground: Yurts are round tent-like abodes offering urban comforts such as electricity and furniture. They have become quite popular over the last few years in parks from Nova Scotia to British Columbia.

Exclusive to a couple of national parks in Alberta and Quebec, oTENTiks are a cross between an A-frame cabin and a prospector tent mounted on a raised wooden floor, making it warm, dry and cozy.

Plan in advance: Whether or not a park requires advance reservations, it's worth making one to ensure you secure the days and spot you want.

Make a camping equipment checklist. I have a tattered and stained one from 1999 that I dig out annually. It will help you get organized. Parks Canada has a great checklist app you can download that includes safety tips, recipes and first timer advice. Don't panic if you don't own everything on the list.

Places like Mountain Equipment Co-op rent out big ticket items such as tents, sleeping bags and backpacks. For smaller items, consider borrowing from friends or better yet, invite them and their equipment along. Camping is more fun as a group anyway.

On a delicious veggie-eating roll

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Phyllo is a wonderful way to wrap a vegetable and cheese dish like this.

Traditionally, you would use puff pastry, which is loaded with saturated fat and excess calories. Phyllo is a much healthier alternative and is available in the refrigerated section of your supermarket.

Working with phyllo is quite easy. Just remember to cover up those sheets you're not using at the time.

Ingredients

- 6 oz asparagus spears, trimmed
- 1 tsp oil
- 1 1/2 tsp minced garlic
- 1 1/2 cups chopped red peppers
- 1/4 cup chopped green onions
- 1/3 cup creamy ricotta cheese
- 3 oz goat cheese, crumbled
- 2 tbsp grated Parmesan cheese
- 1 egg
- 1/4 tsp coarsely grated pepper
- 5 sheets phyllo pastry
- 2 tsp margarine or butter, melted

Asparagus, Red Pepper and Goat Cheese Phyllo Roll

This recipe serves eight. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

1. Preheat oven to 375 F and spray baking sheet with vegetable spray. In saucepan of boiling water or in microwave, cook asparagus for 3 minutes or until tender; drain and set aside.

2. In nonstick skillet over medium heat, add oil and cook garlic and red peppers for 5 minutes or until tender; add green onions and cook for 1 minute more. Remove from heat.

3. In bowl, combine cheeses, egg and pepper, until smooth.

4. Keeping remaining phyllo covered with a cloth to prevent drying out, layer two sheets of phyllo one on top of the other; brush with melted margarine.

5. Layer two more sheets of phyllo on top; brush with melted margarine. Put last phyllo sheet on top.

6. Spread cheese mixture over-top. Add sweet pepper mixture, and place the asparagus spears on top.

7. Starting from the long edge where the filling is, roll the phyllo and filling, jelly roll fashion. Tuck the ends under and place on prepared baking sheet. Brush with remaining melted margarine and bake for 20 to 25 minutes, or until golden brown. Cut into slices and serve. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Drink of the Week

Hennessy Ginger Mojito

Simple changes add a gentle spice to this famous summer refresher.

- 1 sprig of fresh mint
- 1.5 oz Hennessy V.S.
- .5 oz lime juice
- .25 oz simple syrup
- Top with ginger ale
- Garnish with mint sprig

Place one mint sprig in the bottom of a shaker tin and press to bruise with a muddler. Add all liquid except ginger ale to the shaker with ice and shake until chilled. Strain into a Collins glass with fresh ice, top with ginger ale and garnish with a mint sprig. COURTESY OF HENNESSY

Hearty side of vegetarian bites

1. Crepes: In blender, blend eggs, milk, flour, 2 tbsp (30 ml) of butter and salt until smooth. Cover and refrigerate at least 1 hour.

2. Heat 8-inch (20 cm) stick-resistant skillet over medium heat; brush lightly with some of remaining butter. Stir half the chives into batter. For each crepe, pour about 1/3 cup (75 ml) batter into centre of pan, swirling to coat; cook, turning once, until set and light golden, about 1 minute. Transfer to plate; repeat with remaining batter to make 12 crepes.

3. Filling: In large, wide saucepan, melt 1 tbsp (15 ml) butter over medium-high heat; sauté mushrooms, onion, garlic, half salt, and pepper until golden brown and liquid has evaporated, about 8 minutes. In 2 batches, add spinach, letting each batch wilt before adding next, and stirring often. Once all is wilted, continue to cook until almost no liquid remains, 5 to 8 minutes. Remove from heat. Stir in rice.

4. In saucepan, melt remaining butter over medium heat; whisk in flour and cook, whisking often, until pale golden, about 2 minutes. Whisk in sherry, cooking 1 minute. Whisk in broth until smooth, then whisk in milk; bring to boil. Reduce heat and simmer, whisking often, until smooth and thickened, about 5 minutes. Whisk in 1 cup (250 ml) of the cheese, the remaining salt and the nutmeg until smooth.

5. Stir 1 cup (250 ml) of the sauce into mushroom mix. Spread 1/2 cup (125 ml) of sauce in greased 13- x 9-inch (3 l) glass baking dish.

6. Preheat oven to 375 F (190 C). With one crepe at a time, spoon about 1/3 cup (75 ml) filling in line along centre of each crepe. Roll up and arrange snuggly, seam side down and in single layer, in prepared dish. Drizzle sauce evenly overtop. Sprinkle with remaining cheese and chives. Bake, uncovered in oven until golden and bubbly, 35 to 40 minutes. RICEINFO.COM

Herbed Crepes with Cheese, Rice, Spinach and Mushrooms

This recipe makes 12 crepes or six servings. RICEINFO.COM

Ingredients

- 4 eggs
- 1 1/2 cups (375 ml) milk
- 1 1/3 cups (325 ml) all-purpose flour
- 1/4 cup (60 ml) butter, melted
- 1/4 tsp (1 ml) salt
- 1/4 cup (60 ml) finely chopped fresh chives

Filling

- 1/4 cup (60 ml) butter, melted
- 8 cups (2 l) sliced cremini or white mushrooms
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp (5 ml) salt
- 1/2 tsp (2 ml) ground pepper
- 8 cups (2 l) fresh trimmed spinach leaves
- 1 3/4 cups (425 ml) cooked U.S. brown or white rice
- 1/4 cup (60 ml) all-purpose flour
- 1/2 cup (125 ml) dry sherry, dry white wine, or vegetable broth
- 1 1/2 cups (375 ml) vegetable broth
- 1 1/4 cups (300 ml) milk
- 1 3/4 cups (425 ml) shredded Swiss cheese
- 1/4 tsp (1 ml) ground nutmeg

Side dish. Oven-Roasted Cauliflower with Pesto

NICOLE MACPHERSON
YummyMummyClub.ca

1. Preheat oven to 425 F. In a large bowl, toss cauliflower florets with the 1 tablespoon of olive oil.

2. Spread florets evenly on a rimmed baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.

3. Meanwhile, make the pesto: In a food processor, blend together basil, pine nuts, Parmesan, 2 teaspoons olive oil, and garlic.

4. Remove cauliflower from oven; toss with pesto, serve immediately.

YUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 head cauliflower, broken into florets (approximately 4 cups)
- 1 tbsp olive oil
- Sea salt and cracked black pepper to taste
- 1/2 cup fresh basil
- 1 tbsp pine nuts
- 1 tbsp shredded Parmesan cheese
- 2 tsp olive oil
- 1 clove garlic

When business meets bon voyage

Work on the fly. You've just settled into your new job and now you're leaving on a jet plane?

MEGHAN GREAVES
TalentEgg.ca

Starting your first "real job" as a new grad comes with a ton of amazing opportunities and new experiences. One of which may be having the chance to do some business travel.

As a new grad, it's likely that you haven't experienced travelling for business as of yet and you may have some concerns or questions about successfully completing your first business trip.

Kristie Schmuck graduated from Conestoga College last year with an advanced diploma in business administration-marketing. She had a career waiting for her with a tech company in Waterloo, Ont., immediately after graduation and, shortly after starting in her role, she was shining bright enough for her boss to give her the responsibility of heading down to Cleveland, Ohio for a month.

Feeling a little isolated in your foreign workplace? Find ways to socialize with your new set of contacts whenever the opportunity presents itself.
ISTOCK

Kristie shared how, as a new grad, she successfully got through her first business trip, and how it not only brought benefits to her company but her career as well.

Why were you expected to travel as a new grad?
We had just recently formed a partnership with a new client in Cleveland, Ohio. The president of my company had travelled down for two weeks to train their team to use our product and launch the program. Upon his return, there were still many questions and confusion on how to use our tool to its fullest potential. As an experienced community specialist, my leadership team looked to me to take initiative and train the Cleveland team.

What did you have to get in order/prepare to ensure that your business trip went smoothly?
The first step was to plan flights, accommodations and budgets with my boss. This part was fairly stressful because I was worried about the cost of all of it and the idea of "expensing".

As a new grad, I still had some school debt, a lower salary and a low credit limit. This was concerning to me because without a company card I was expected to "take care" of everything myself and fill out expense reports for reimbursement.

Communicating this to my boss also worried me because I thought he might think less of me. Fortunately he was very understanding and made appropriate arrangements so that the cost of the trip would not be an issue.

How were you successfully able to work well with a new and different team?
My role on this team, as a leader, was communicated with them well before I arrived. They were told to respect me as management even though I'm young.

This was helpful in establishing my position, but the rest just took knowledge of common leadership and teamwork skills. I find these fundamental and essential skills are universal when it comes to the workplace.

Tips for trips

What is your top advice for new grads who are sent out on their first business trip?

- Be confident. The most important thing is confidence when you're travelling. It's perfectly natural to be nervous and apprehensive but you have to remember that the person who has sent you on this trip trusts that you can do the job you've been sent there to do.
- Once you acknowledge that, then you can start to have fun with it.

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NHL

Pens land 8-year deal with Letang

The Pittsburgh Penguins officially agreed to an eight-year contract extension with defenceman Kris Letang on Tuesday.

The $58-million deal begins with the 2014-15 season and runs through 2021-22. THE ASSOCIATED PRESS

Kris Letang GETTY IMAGES

NHL

Clitsome, Jets reach deal on extension

Defenceman Grant Clitsome and the Winnipeg Jets agreed to a new contract on Tuesday.

The 28-year-old played 44 games with the Jets last season, scoring four goals and adding 12 assists with 18 penalty minutes. His plus-10 rating was the best among all of Winnipeg's defencemen.

The Jets did not release any of the deal's terms.

Clitsome, from Gloucester, Ont., has appeared in 149 NHL games between Winnipeg and the Columbus Blue Jackets with 13 goals and 42 assists. He was drafted by Columbus in the ninth round, 271st overall, in the 2004 NHL draft. THE CANADIAN PRESS

MLB

"Every dog has its day twice, I guess."

Reds starting pitcher Homer Bailey, who threw his second no-hitter in 10 months and the first in the majors this season, leading the Cincinnati Reds to a 3-0 victory over the slumping San Francisco Giants on Tuesday night.

Potential agents of change far from free

NHL. With Lecavalier signing, Flyers make first stab at veteran crop as GMs weigh benefits under tight salary cap

Vincent Lecavalier, Danny Briere and Ilya Bryzgalov have injected some more intrigue into NHL free agency.

So much so that Lecavalier kicked off the annual signing period Tuesday, three days before it officially began, by signing a multiyear contract with the Philadelphia Flyers.

The deal reflects the impact the addition of several veterans, who had their contracts bought out, have made in boosting interest in a free-agent crop that lacked star power a year after Ryan Suter and Zach Parise created a buzz by hitting the market.

Lecavalier was able to shop around early because he was bought out.

"The depth isn't what it has been in past year, but there are some very good players available," Nashville Predators general manager David Poile said in a telephone interview on Tuesday.

"It's a different situation, though, with the lower cap so it'll be interesting to see what this crop of free agents gets both in terms of salary and years."

The NHL's salary cap will be $64.3 million for the 2013-14 season, a total significantly less than the $70.2 million in contracts teams could have on the books during the lockout-delayed season.

Lecavalier became unexpectedly available after the Tampa Bay Lightning bought out the contract of their 33-year-old captain last week. The Flyers did the same by cutting ties with Briere, a 35-year-old forward, and Bryzgalov, a 33-year-old goaltender.

"It's great to have players out there," Detroit Red Wings coach Mike Babcock said, "but you have to have money to spend."

With Lecavalier now off the market, Briere and Bryzgalov come into full focus. For now, though, their former team — Philadelphia — has secured the most marketable player out there.

The Dallas Stars were interested in Lecavalier, as well, but as general manager Jim Nill had indicated: "So are probably 28 other teams. It'll come down to money and fit."

Vincent Lecavalier boosted the value of this year's free-agent crop, but after the former Lightning centre was scooped up, it's unclear how much teams will sacrifice to add one of the remaining veterans. JARED WICKERHAM/GETTY IMAGES

Briere's agent, Pat Brisson, said about 15 teams already contacted him to express an interest and his client is looking forward to a fresh start with a Stanley Cup contender.

"He still has a lot in his tank," Brisson said. THE ASSOCIATED PRESS

Veteran role players

The best of the rest

NHL free agency won't be limited to the trio of accomplished veterans who were bought out, and will include notable names such as forwards Nathan Horton, Mike Ribeiro, Jaromir Jagr, Teemu Selanne, Jarome Iginla, Patrik Elias, David Clarkson and Pascal Dupuis unless any of them signed with their old teams after press time Tuesday.

"It's rare to find a star in his prime in free agency ..." Red Wings GM Ken Holland said. "But there are some secondary players and some past-their-prime guys that are battling father time that can help you."

Hernandez linked to 2012 double homicide

Aaron Hernandez at a bail hearing last Thursday in Fall River, Mass. THE ASSOCIATED PRESS

Boston police have asked authorities in the Connecticut hometown of Aaron Hernandez for their help with an investigation into a double homicide connected to the former NFL star, police said Tuesday.

Hernandez is already charged with murder in the shooting death of Odin Lloyd, whose body was found June 17 near Hernandez's home in North Attleborough, Mass.

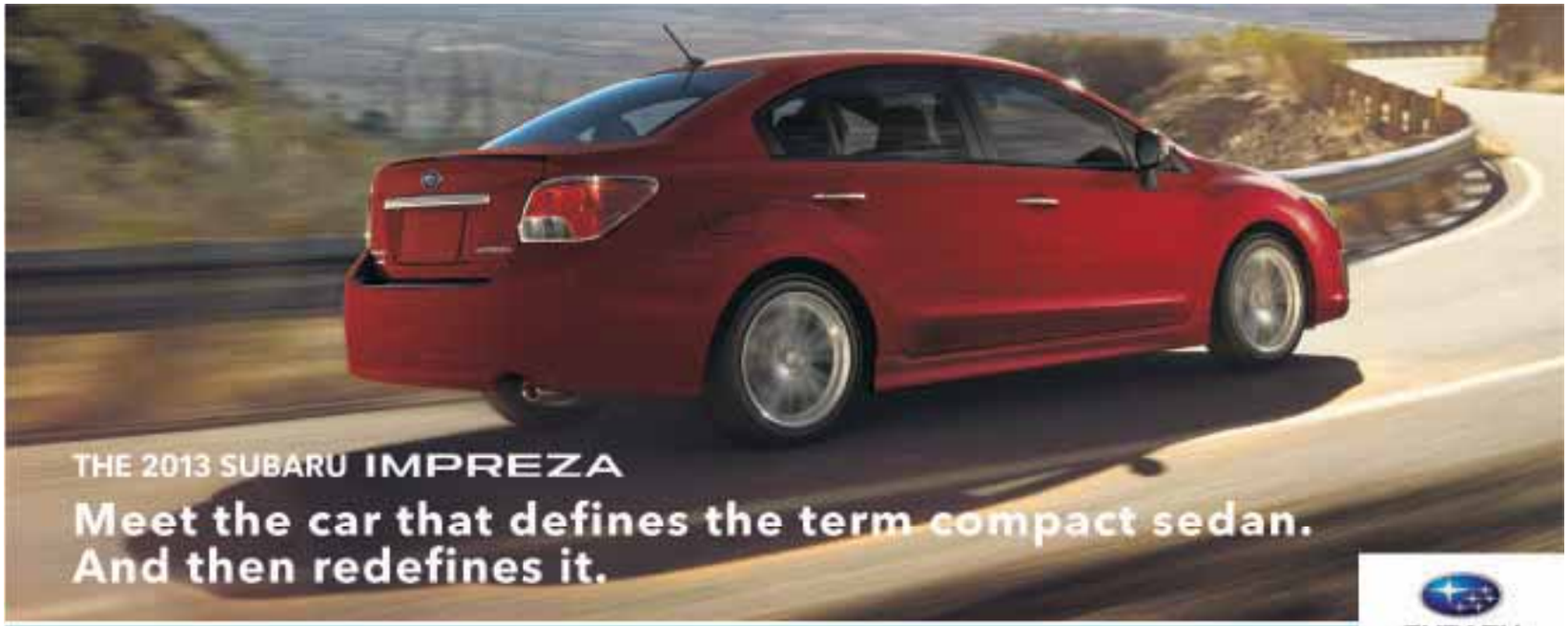
The request from Boston police in the July 2012 double homicide was based on evidence developed through the investigation of Lloyd's slaying, Bristol Police Lt. Kevin Morrell said. He said police were asked to search the same home in Bristol for both investigations, and a vehicle was seized at the address on Friday.

Two people were killed in the shooting in Boston's south end on July 15, 2012. Witnesses reported seeing people inside a grey SUV with Rhode Island plates open fire on a vehicle carrying the victims, 29-year-old Daniel Jorge Correia de Abreu and 28-year-old Safiro Teixeira Furtado.

Boston police have declined to comment on whether Hernandez is being looked at as a possible suspect in that case.

Prosecutors say Hernandez, 23, orchestrated Lloyd's execution-style slaying. They say it happened after the two went to a night club days earlier and Lloyd spoke to people Hernandez didn't want him talking to. Two other men are also facing charges in connection with Lloyd's death. THE ASSOCIATED PRESS

4 SPORTS



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The 2014 Ford Fiesta

ALL PHOTOS WHEELBASEMEDIA.COM

Review. With three options to choose from let's get the party started

MALCOLM GUNN
wheelbasemedia.com

Well, your job just got a little tougher. It's not because the 2014 Ford Fiesta looks better, which it does, it's because this sub-compact sedan/hatchback now includes a thrifty turbo option as well as a hot hatchback with close to 200 horsepower. Decisions, decisions.

Since its 2011-model-year launch, the European-designed, Mexico-built Fiesta, along with its Focus counterpart, has given Ford ample small-car credibility in North America. The four-door sedan — a model created specifically for this continent — offers great looks, but the more youthful hatchback is the one that garners the most attention and is arguably the most practical in terms of passenger and stowage space.

From the nose on back, the Fiesta remains pretty much unchanged. As with most sub-compacts, the car is narrow at the waist and a tight fit for adult-size rear-seat riders. But the interior is also an exercise in good taste, with ergo-friendly switches and controls and quality seat coverings and door panels, especially on up-level models. While the split rear seat doesn't fold flush with the floor, it's sufficiently flat to give you at least double the capacity compared to the sedan's quite spacious trunk, even though the hatchback is 33 centimetres shorter.

The base 1.6-litre engine will be joined by an optional 1.0-litre (999 cubic-centimetres, to be precise) three-cylinder powerplant later in the model year. But don't let the diminutive size fool you. This engine is a member of Ford's turbocharged EcoBoost lineup, which has become well-known for extracting maximum power and fuel economy from minimal displacement. In the Fiesta's case, the tiny 1.0 puts out 123 horsepower and, more importantly, 148 pound-feet of torque.

At this point Ford is being coy concerning the littlest turbo's fuel numbers, other than to state that its highway rating will best the base 1.6's 4.9 l/100 km figure. At the opposite end of the spectrum, the new Fiesta ST model promises a lively driving experience for the serious enthusiast. Its turbocharged 1.6-litre engine, which is also available in the Fusion, delivers 197 horsepower and 202 pound-feet of torque.

As with the Focus ST, proficiency in using a six-speed manual gearbox is a must since it's the only transmission available. Other ST components include a blacked-out honeycomb grille, unique 17-inch wheels (15-inch wheels are standard) and rear spoiler, quicker-ratio steering, larger brakes and a sport-tuned suspension. On the inside, heated sport-style cloth bucket seats are standard, but you can upgrade to Recaro-brand front buckets with leather inserts.

To ensure everyone aboard is aware that all 197 horses are working at full gallop, the ST's engine sounds are actually piped into the cabin using what's called a "Sound Symposer." The ST is on-the-road-priced at about $26,500, but add another $2,500 or so for the Recaro seat option. That's about $10,800 above the price of a basic Fiesta S sedan, but that should be considered pretty reasonable for a sports hatchback possessing that level of power.

Along with the high-strutting ST, the fun-injected Fiesta lineup for 2014 continues to party on for frugal small-car lovers.

The Fiesta's neat dash proves that design detail doesn't cost any more to execute.

2014 Ford Fiesta

- **Type.** Four-passenger-door, front-wheel-drive sub-compact sedan/hatchback
- **Engines (hp).** 1.6-litre DOHC I4 (120); 1.0-liter DOHC I3, turbocharged (123); 1.6-litre DOHC I4, turbocharged (197)
- **Base price (incl. destination)** $15,700

Design

Ford's stylists have done a major number on the front bodywork. The result is a proboscis that pays tribute to the 2013 Ford Fusion sedan. The open-mouth grille really seems to suit the car and is a significant improvement over the tiny air inlet on the 2013 version.

Transmission

Fiesta's base 1.6-litre four-cylinder engine that produces 120 (hp) and 112 pound-feet of torque. It hooks to a five-speed manual transmission, or optional six-speed automated manual that does away with the torque converter found in conventional automatics. It shifts all by itself, or manually. It's your call.

Technology

The Fiesta was given an improved "Sync" communications/infotainment system with upgraded voice command software, more workable hands-free Bluetooth short-range wireless connectivity and an easier-to-use optional navigation system.

Compare

1 Mitsubishi Mirage
Base price: $13,500

2 Chevrolet Spark
Base price: $13,350

3 Fiat 500L
Base price: $22,500

5 DRIVE

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Shifting manually toward auto enlightenment

Autopilot. Pro Indy Car racer says driving stick gives you a proper feel for — and connection with — your car

AUTO PILOT
Mike Goetz
drive@metronews.ca

To many of us who grew up in earlier decades, or in various foreign lands, learning how to operate a manual transmission was never a choice. If you couldn't shift it, you couldn't drive it. The rise of the automatic transmission has shuffled learning how to "drive stick" into the optional recreational activity category, where you might find things like ice skating, making crafts from macaroni, and yodeling.

But there are lots voices in the automotive community that believe if you don't learn the fine art of manual shifting you not only miss out on some good clean fun, you also a big part of the driving experience.

"Learning to drive a manual is something that will stay with you forever," says Alex Tagliani. "It gives you a connection to the car…You have a better understanding. It doesn't matter if you then decide to drive an automatic for your everyday car. It will always help you as a driver." It certainly helped Tagliani. He's been a professional IndyCar racer for over a decade. He drove at Indy 500 this year (finishing 24th) and will be driving at the Honda Toronto Indy very soon (July 12-14).

Tagliani believes drivers don't have the "feel" they used to, because modern machines are taking over the dicey bits of driving, with stuff like all-wheel-drive, traction control and ABS. Learning to drive manual will help you regain and develop your "feel" for the road, says Tagliani.

Honda say long live stick. PROVIDED

He was the surprise guest at a recent Honda Canada event, which was about turning non-shifters into shifters, and promoting the art of shifting in general. Tagliani was taught to drive a stick, when he was 11, by a grandfather he was visiting in Italy. That kind of passing of the "stick" is not happening today, says Hayato Mori, Product Planning Manager, Honda Canada. "Parents don't drive manuals, so their kids don't drive manuals… Ask any 25 to 30-year old, 90 percent of them have yet to experience a manual." Some mainstream automakers have decreased their manual offers, and the super exotic sports cars are increasingly going with "clutchless" transmissions (computers can simply shift gears faster than humans, end of story).

But Honda, Mazda and VW seem determined to keep the lights on. Honda offers manuals on Fit, Civic, Accord and CR-Z (the only hybrid available with a stick). About 20 per cent of those models are sold with manual transmissions — a percentage that seems to be holding. At the session I attended, trainers successfully got complete newbie's shifting within an hour. If you're not shifting yet, what's stopping you? To get you started, check out our sidebar of helpful hints, provided by the Honda Canada trainers.

Be in the right position to wipe out whiplash

Driving force. Keeping your head close to the headrest will reduce the chance of the common neck injury happening in a crash

JIL MCINTOSH
drive@metronews.ca

Originally called headrests, the adjustable cushions atop the seats are now known as head restraints. That's because they're designed and engineered to restrain your head movement during a crash, helping to avoid the painful injury commonly known as whiplash.

"It's typically a soft-tissue injury that results from movement of the head relative to the body, and typically occurs in rear-end and side-impact collisions," says Douglas Romilly, associate professor of mechanical engineering at the University of British Columbia.

"The neck is like a spring attaching the head to the body. The head moves back while the body moves forward, and that produces an S-shape in the neck. This can exceed the tolerance level of motion and you can get an injury."

Many new vehicles include active head restraints, which use mechanical or pyrotechnical devices that move the restraint forward in a crash, cradling the head and keeping it closely aligned with the spine.

However, the head restraint has to be properly positioned for it to provide protection.

"We recommend that the top of the head restraint be even with the top of the head at least, or a little higher," Romilly says. "And it should be two to five centimetres away from the back of the head. We want it to be close so it will protect you in a crash."

When your body moves backwards in a collision, it will compress the seat foam, so you'll be pushed back into the seat. If your head is too far from the head restraint, this extra distance — even though it's slight — could provide enough space to allow the whipping motion of your head and neck that can cause injury.

How to do it right. PROVIDED

On some vehicles, the restraints lean forward and may press uncomfortably into the back of your head, especially on older models with first-generation active restraints.

Reclining the seat back slightly should help you find a comfortable position, but be sure the restraint is still high enough and close enough to your head.

While many automakers use active head restraints, some use an overall safety seat design that helps to protect against whiplash. However, neither system is mandatory, and so not all vehicles have them. They're also relatively rare in the rear seats, although whiplash protection is just as important for passengers there. You can use the Rate Your Car resource at whiplashprevention.org to compare vehicles for occupant safety.

"The goal is to keep the head and torso aligned, so there is very little relative movement between the two," Romilly says. "That will minimize the dynamic loading in your neck."

Horoscopes

♈ Aries
March 21 - April 20
Fame and fortune are yours if you want them but they will cost you. If you are the kind of Aries who values your privacy, you may prefer to find ways to work behind the scenes.

♉ Taurus
April 21 - May 21
Try to be tactful today, especially when dealing with people who get emotional for no reason. The good times are about to begin and the last thing you want is to be drowned in a flood of tears.

♊ Gemini
May 22 - June 21
Even if you are the kind of Gemini who is on the go every moment of the day, you are advised to slow down a bit over the next 24 hours. You can't do it all on your own, so get help with the heavy stuff.

♋ Cancer
June 22 - July 23
Rules are made to be broken and at this time of year, you can break as many as you please. Others may marvel that you get away with so much but you know it is all a matter of style.

♌ Leo
July 24 - Aug. 23
You don't lack for advice, but you must ignore it all and follow your heart. Deep down you already know all the answers. Sit quietly and listen and you'll hear them.

♍ Virgo
Aug. 24 - Sept. 23
Everything that is meant to happen will happen in its own time, so stop worrying and start looking for ways to enjoy life more. Spend as much time with friends as you can today — they'll make you smile.

♎ Libra
Sept. 24 - Oct. 23
It does not matter in the slightest what others think of what you are doing. The only thing that counts is that you get on with it. Some may love, some may hate — but everyone will respect you.

♏ Scorpio
Oct. 24 - Nov. 22
Everything seems to be speeding up, and that's good. Changes will come thick and fast over the next few days but because they are the kind of changes you enjoy, you won't mind in the slightest.

♐ Sagittarius
Nov. 23 - Dec. 21
Facts and figures you were not meant to know about will give you an advantage in business matters today. Who cares how you saw them? It matters only you use them for your benefit.

♑ Capricorn
Dec. 22 - Jan. 20
You have both might and right on your side now and you must use them to further your interests. It may not be a dog eat dog world, as some people claim, but there are still battles to be fought and won.

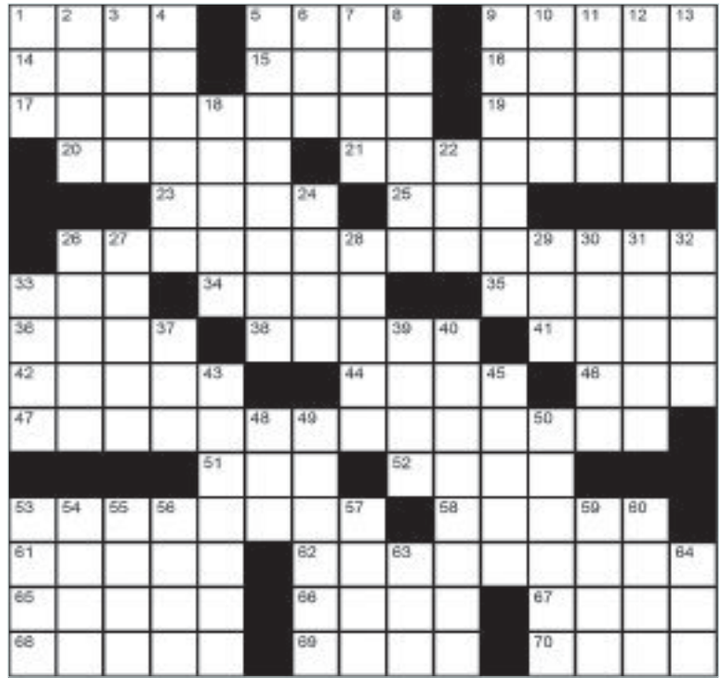
♒ Aquarius
Jan. 21 - Feb. 19
Try not to take life so seriously. It may annoy you that there is so much injustice in the world but there always has been and there always will be. Do what you can and be happy.

♓ Pisces
Feb. 20 - March 20
If you feel that your life is beginning to spin out of control then get advice from people you can trust. If nothing else they will calm you down and help you see that things are not really so bad. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

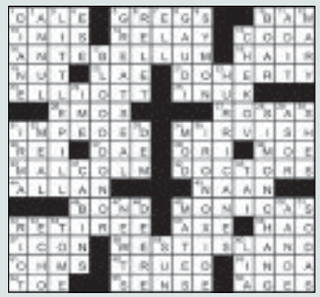
BY KELLY ANN BUCHANAN



Across
1. Ms. Amos
5. Bird's flying move
9. Macaroni & Cheese = __ Dinner
14. Shakespeare's river
15. James __ (Co-writer of Broadway musical Hair)
16. Viking chieftain of Normandy
17. Celebrity photo takers
19. Bernie's co-songwriter
20. Town just south of Edmonton
21. Address spot
23. Inquires
25. Prof's helpers
26. Born near Brantford, ON in 1912, Mohawk actor who played Tonto on "The Lone Ranger": 2 wds.
33. Lay the grass
34. Burden
35. God in Arabic
36. Ms. Sedgwick
38. Fairy tale name
41. Ballet movement
42. Sewing cases
44. Ancient region of Europe
46. Stop
47. 'Sugar-Free Gum' ...en francais: 3 mots
51. Scientific spot, shortly
52. Prong
53. Track racing vehicle: 2 wds.
58. Chili con __
61. Garlic mayonnaise
62. Beach's refreshing wind: 2 wds.
65. Type of comic book artist
66. Fashion designer, Marc __
67. Magic spell beginning...
68. Verbally agree, ___
69. Soul music record label
70. Temporary money

Down
1. Faucet
2. __ Office
3. Lasso
4. Within 24 hours: 3 wds.
5. Divisive method of gas and oil extraction
6. __-_-Boy (Recliners brand)
7. Carpentry tool, variantly
8. Montreal suburb, __-Claire
9. Canadian R&B singer Ms. Turner
10. Salad's friend
11. Saxophone sort
12. Collapse
13. Muscle quality
18. Rene of "Tin Cup" (1996)
22. Tsar as Czar = __. sp.
24. Disparage
26. Three Dog Night's "__ __ the World"
27. Tight as _ __
28. Peaceful hand signal
29. "Lucky Man" rock gr.
30. Aunt in Oklahoma!
31. "Rawhide" by Frankie __
32. Backyard building
33. Keel part
37. Point
39. Sailboat part
40. Instrumental hit for Canadian musician Frank Mills: "__ __ Dancer"
43. Manitoba city; or, BC mountain range
45. Of the moon
48. Cul-de-__
49. Puts down
50. Shreddies
53. "Je ne __ quoi."
54. Bryan's "It's Only Love" duettist
55. Bit of "The Addams Family" theme: "...mysterious and spooky / They're all together __..."
56. Liz Taylor role in '63
57. Prefix with 'angle'
59. Biblical mount
60. Poet Mr. Pound
63. Alias letters
64. Suffix with 'Jacob'

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6				4				1
	1				5	3	4	
	7		9	6				
	6					9		
3		9				2		5
		4					8	
				2	4		5	
	4	1	8				7	
8				3				2

Yesterday's Sudoku

8	5	2	1	6	4	9	7	3
6	4	7	9	3	2	5	8	1
1	3	9	7	5	8	4	6	2
9	2	1	4	8	3	7	5	6
3	6	8	5	7	1	2	4	9
4	7	5	2	9	6	3	1	8
7	8	4	3	1	9	6	2	5
5	9	6	8	2	7	1	3	4
2	1	3	6	4	5	8	9	7

Weather

TODAY	THURSDAY	FRIDAY
MAX: 33° MIN: 18°	MAX: 29° MIN: 16°	MAX: 28° MIN: 22°

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WEATHER SPECIALIST
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Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

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Titanium model shown

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Platinum model shown

2013 F-150XLT

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10.7L/100km 27MPG HWY** 15.1L/100km 19MPG CITY**

Employee Price Adjustment ///	$4,423
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Total Price Adjustments ///	$11,673

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